I cut down on sugar.

I eat less sugar than I used to. I cut out sweets so I can protect my health and lose weight. I remind myself that sugar has been linked to diabetes, obesity, and tooth decay. I value my long-term wellbeing more than a taste of candy that lasts for only a few seconds.

As I taper down on cookies and cake, my cravings lessen. **I train my taste buds to be satisfied with less sugar.**

I know how to read food labels to spot sugar, regardless of the name, like high-fructose corn syrup or sucrose. **I uncover the hidden sugars in breakfast cereal and salad dressing.**

I drink plain water instead of soda. When I want extra flavor, I brew a pot of tea or whip up a smoothie with fresh fruit and yogurt. When I want a cocktail, I order a glass of wine or a Bloody Mary instead of mega-calorie White Russians and Pina Coladas.

I search for healthy substitutes that appeal to my sweet tooth. I savor fresh fruit. I sprinkle cinnamon on my morning toast.

There is still room in my life for special desserts. I budget my sugar calories to cover an occasional ice cream sundae or a small slice of coconut cake at office birthday parties. It is easier for me to stick to a healthy diet when I avoid feeling deprived.

Today, I say goodbye to excess sugar. Life is sweeter when I eat nutritious whole foods and avoid empty calories.

Self-Reflection Questions:

1. Why do I want to cut down on sugar?
2. What is one sugary food that I could easily give up?
3. How can I reduce the portion sizes for my favorite sweets?